

DINNERLY



Reduced-Carb Warm Chicken Salad with Roast Carrot and Zucchini Yoghurt Dip



30 minutes



2 Servings

Tonight's dinner stars mildly spiced chicken tenders, sweet roasted carrot and a creamy zucchini yoghurt dip. Low-carb eating never tasted so good!

WHAT WE SEND

- 1 carrot
- 1 zucchini
- free-range chicken tenderloins
- 5g chermoula seasoning ¹⁷
- mint
- 100g Greek-style yoghurt ⁷

WHAT YOU NEED

- 1½ tbs olive oil
- 1 small garlic clove

TOOLS

- 2 oven trays
- baking paper

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 375kcal, Fat 16.6g, Carbs 11.4g, Proteins 38.1g



1. Prep ingredients

Preheat the oven to 220C. Line 2 oven trays with baking paper. Peel the **carrot** and cut into 2cm-thick batons. Cut the **zucchini** into 3cm chunks. Put the carrot, **chicken**, **chermoula seasoning** and **1 tbs olive oil** in a bowl, season with **salt and pepper** and toss to coat.



2. Roast chicken and veggies

Put the **chicken mixture** on a lined tray. Put the **zucchini** on the remaining lined tray, drizzle with **2 tsp olive oil** and toss to coat. Roast the **chicken** on the upper oven shelf and the **veggies** on the lower shelf for 20 mins or until the chicken is cooked through and the veggies are tender.



3. Prep mint and garlic

Meanwhile, pick the **mint** leaves, discarding the stems. Crush **1 small garlic clove** (see Make it yours).



4. Make yoghurt dip

Transfer the **zucchini** to a bowl and coarsely mash with a fork. Add the **garlic** and **yoghurt**, season with **salt and pepper** and stir to combine (don't worry if the mixture looks like it has split).



5. Serve up

Thinly slice the **chicken** or shred with two forks. Divide the chicken, **carrot** and **zucchini yoghurt dip** among plates. Scatter over the **mint** and enjoy!



6. Make it yours

The garlic adds a great depth of flavour to the yoghurt dip, but if you aren't a fan of raw garlic, pop the unpeeled clove in the oven with the zucchini and roast.